

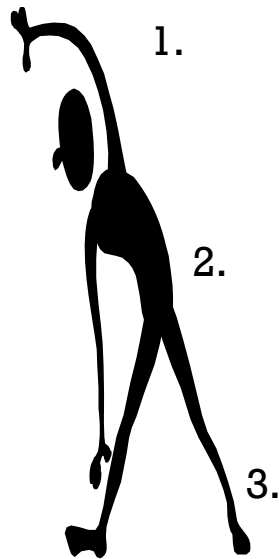
Hunger/Satiety Rating Scale:

- 0 = Starving and beyond.
- 1 = So hungry you want everything on the menu.
- 2 = Everything on the menu begins to look good. May be preoccupied with your hunger.
- 3 = You are hungry and the urge to eat is strong.
- 4 = A little hungry. You can wait to eat, but you know you will be getting hungrier soon.
- 5 = Neutral. Not hungry. Not full.
- 6 = No longer hungry. You sense food in your belly, but you could definitely eat more.
- 7 = Hunger is definitely gone. Stop here, and you may not feel hungry again for 3-4 hours.
- 8 = Not uncomfortable, but definitely have eaten a belly full.
- 9 = Moving into uncomfortable.
- 10 = "Thanksgiving full." Very uncomfortable, maybe even painful.

*Listen to your body,
not your head.*

Your Goals:

What three habits will you
adopt this next month?



Be positive!

Weight Control takes time!

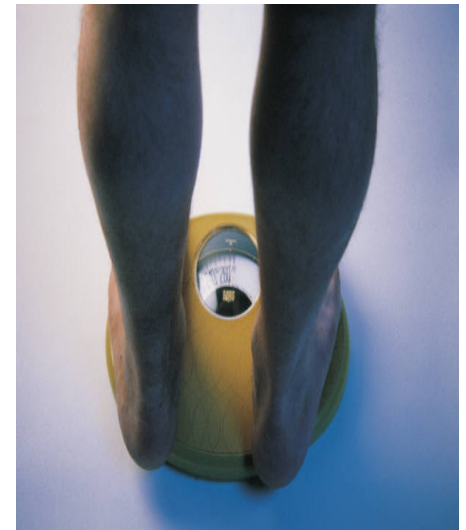


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Weight Control



Positive Eating Behaviors

● ● ● | Healthy Eating:

- **C**hoose foods wisely from the *My Pyramid Food Guide*. Base meals and snacks on whole, minimally processed foods that are low in fat, sugar and salt.
- **P**lan ahead and set up scheduled times to eat three meals and 2-3 snacks a day.
- **S**tick to a shopping list. Smaller, more frequent meals are better than one or two large meals if you are trying to lose weight.
- **D**on't skip any meals, especially breakfast.
- **A**void buying high-calorie, high-fat and low-nutrient foods that are tempting. Keep lower calorie foods handy, like vegetables, especially for snacking.
- **P**ick restaurants that offer a variety of healthy menu items. Request sauces on the side. Share a serving with someone.
- **A**void crash diets. Think healthy! Believe the magic is within you, not a fad diet or pill.



● ● ● | Changing Your Habits:

- **W**eigh yourself once per week around the same time. A steady, slow weight loss of one to two pounds per week is best!
- **K**eeep all foods in the kitchen. Eat all meals in a designated place, like the kitchen table. Never eat in front of the TV.
- **D**rink at least one glass of water before eating.
- **M**easure your servings and keep a food diary.
- **U**se smaller plates so portions look larger. Stop eating when full. It is OK to leave food on the plate.
- **E**at and chew food slowly. Put utensils down between bites.
- **L**eave the table after eating a meal. Put away all leftovers right away to avoid second servings.
- **U**se non-food items for rewards!
- **I**ncorporate some physical activity into your daily routine.



● ● ● | Hunger and Satiety:

- **B**efore eating, ask yourself if you really want the food. If not truly hungry, do something to keep your mind off food.
- **B**efore, halfway and after you eat, do a “**satiety check**” to see if your stomach is feeling “comfortably satisfied” vs. stuffed.
- **U**se the **Hunger/Satiety Rating Scale** on the back of this handout.



Weight control is a challenge! Long term success depends on new healthy eating habits that will be maintained throughout life.

